

Weekly Diabetes Update

June 27, 2008



1. June 27 is Helen Keller Day.

Helen Keller was less than two years old when she came down with a fever. It struck dramatically and left her unconscious. The fever went just as suddenly. But she was blinded and, very soon after, deaf. Read more about Helen Adams Keller, born June 27, 1880, and the impact she had on our society in the Time magazine article posted online at <http://www.time.com/time/time100/heroes/profile/keller01.html>.

2. What is Diabetic Retinopathy?

Diabetic retinopathy is the most common diabetic eye disease and a leading cause of blindness in American adults. It is caused by changes in the blood vessels of the retina. Learn more about diabetic retinopathy from the National Eye Institute by visiting their website at <http://www.nei.nih.gov/health/diabetic/retinopathy.asp>.

3. Research Targets Diabetes-Related Eye Conditions

New research projects commissioned by the National Institute for Health Research's Health Technology Assessment (NIHR HTA) programme will evaluate the effectiveness and cost-effectiveness of different screening tests used in diabetic eye care. In the first project, researchers from the Centre for Reviews and Dissemination at the University of York are set to investigate colour vision testing, which can be used to help identify patients at risk of diabetic retinopathy. Diabetic retinopathy is caused when diabetes leads to changes to the blood vessels in the retina, resulting in visual impairment. Read more in the article from Medical News Today at <http://www.medicalnewstoday.com/articles/111304.php>.




4. National Diabetes Fact Sheet 2007

The Centers for Disease Control and Prevention (CDC) has released an updated fact sheet, with data from 2007. (The previous fact sheet was based on 2005 data.) CDC estimates that diabetes now affects nearly 24 million people in the United States, an increase of more than 3 million in approximately two years. This means that nearly 8 percent of the U.S. population has diabetes. Among people with diabetes, those who do not know they have the disease decreased from 30 percent to 25 percent over a two-year period. Download the full fact sheet from the CDC's website at http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2007.pdf.

5. Diabetes Access to Care Coalition

Diabetes product manufacturers, patient organizations, and medical professionals have organized into a coalition to educate members of Congress about specific legislation that may affect people with diabetes. The coalition is concerned about new Medicare regulations that may limit the types and brands of testing supplies available for patients with diabetes on Medicare. If you would like to learn more about this organization's stance, feel free to contact them by phone at 888-248-4958 or by email at diabetesaccess@aol.com.

6. Diabetes Research News

- A prototype of a car that monitors the blood glucose levels of people with diabetes has been developed. The car flashes up blood glucose readings on a dashboard display. The driver would wear a tiny glucose-sensing device that would be inserted under the skin on the abdomen. The system would send the blood glucose reading to the car's dashboard via Bluetooth, a wireless system used in mobile phones to transmit music and picture files. Read more in the article from Medical News Today at <http://www.medicalnewstoday.com/articles/112409.php>.
- A radical technique for treating diabetes could recruit cells in the gut to make insulin. Inserting a gene into gut cells in mice enabled those cells to take over the pancreas's job, producing insulin after meals, according to unpublished research announced June 18 in San Diego at the Biotechnology Industry Organization International Convention. The work may offer a novel way to treat diabetes. Read more in the article from ScienceNews at http://www.sciencenews.org/view/generic/id/33399/title/Stomaching_diabetes.
- The presence of erectile dysfunction predicted new onset of coronary heart disease events in men with type 2 diabetes without clinically overt cardiovascular disease, according to the findings from a new study. Researchers from The Chinese University of Hong Kong, Prince of Wales Hospital, conducted a study to examine the predictive power of erectile dysfunction on coronary heart disease (CHD) events in 2,306 men with type 2 diabetes. The mean age of participants was 54.2 years. Read more in the article from Endocrine Today at <http://www.endocrinetoday.com/view.aspx?rid=29031>.
- Adults with type 2 diabetes who eat unhealthy, high-fat meals may experience memory declines immediately afterward, but this can be offset by taking antioxidant vitamins with the meal, according to new research from Baycrest. Read more in the press release from Science Daily at <http://www.sciencedaily.com/releases/2008/06/080626075520.htm>.
- A novel experimental vaccine targeting key immune system cells prevents and reverses "new-onset" diabetes in a mouse model, researchers report. "Certainly, (this vaccine) will not 'reverse' disease in a person who has had diabetes for more than 5 years," Dr. Nick Giannoukakis from University of Pittsburgh School of Medicine, Pennsylvania cautioned in comments to Reuters Health. Read more in the article from Reuters at <http://www.reuters.com/article/healthNews/idUSKUA56702520080625>.
- An increased intake of green leafy vegetables may reduce the risk of women developing type-2 diabetes, suggests a new study from New Orleans. For every additional serving of green leafy vegetables, the risk of developing diabetes may be reduced by almost 10 per cent, according to results of an epidemiological study published in the journal Diabetes Care. Read more in the article from NutraIngredients.com at <http://www.nutraingredients.com/news/ng.asp?n=86163-green-leafy-vegetables-diabetes-fruit>.

7. Tips to Help People with Diabetes Plan for Disaster

Natural disasters in 2008 have proved that hurricane season isn't the only time a person should be prepared for the worst. That is why the American Association of Clinical Endocrinologists (AACE) and Eli Lilly and Company are urging people with diabetes to be ready in advance in the event disaster strikes. "When people think about preparing for disasters, they don't necessarily think of earthquakes striking Missouri," AACE spokesperson Victor Roberts MD, MBA, FACP, FACE of Endocrine Associates of Florida said. "Taking the time to prepare a disaster kit in advance is crucial because once a storm or other emergency threatens, there's usually too little time to make all of the necessary arrangements," Dr. Roberts said. Read more in the press release posted on Newswise.com at <http://www.newswise.com/articles/view/541989/>.

8. American Diabetes Association's (ADA's) Project POWER

Project POWER is a faith-based program targeting the African American community. It was developed to provide churches with a foundation for integrating diabetes awareness messages and healthy living tips into the life of the family and church. Read about two volunteers from New Zion Christian Fellowship in Dolton, Illinois, Bishop Lance and Dr. Kara Davis, and how they are making a difference in their community. Visit the ADA's website at <http://www.diabetes.org/all-about-diabetes/people-spotlight.jsp>.

9. Diabetic Weight-Loss Plan Yields Long-Term Success

Researchers at the Joslin Diabetes Center report that a 12-week weight-loss program they devised for patients with type 2 diabetes continues to have a positive, long-lasting effect on weight loss 1 year later, long after patients are off on their own. Read more in the article from Reuters.com at <http://www.reuters.com/article/healthNews/idUSTON27718320080612?sp=true>.

10. Drug-Resistant High Blood Pressure on the Rise

High blood pressure, the most commonly diagnosed condition in the United States, is becoming increasingly resistant to drugs that lower it, according to a panel of experts assembled by the American Heart Association. The problem is not that the medications have stopped working, said the report, published this month in the journal Hypertension. Instead, many blood-pressure patients are sicker to begin with and require more drugs, at greater dosages, to manage their conditions. Read more in the article from The New York Times at <http://www.nytimes.com/2008/06/24/health/research/24bloo.html?ref=health>.

11. Weekly Diabetes Recipe

Please go to the following website to enjoy this week's recipe for **Broiled Turkey Burgers**: <http://recipes.howstuffworks.com/broiled-turkey-burgers-a-recipe.htm>.